

ACL Indoor Walking Path

MAIN BACK 3RD FLOOR OVERALL JOHNSON CONTROLS

Want to walk a mile?


Start! the Health*e* Path at the ACL Wellness Center.

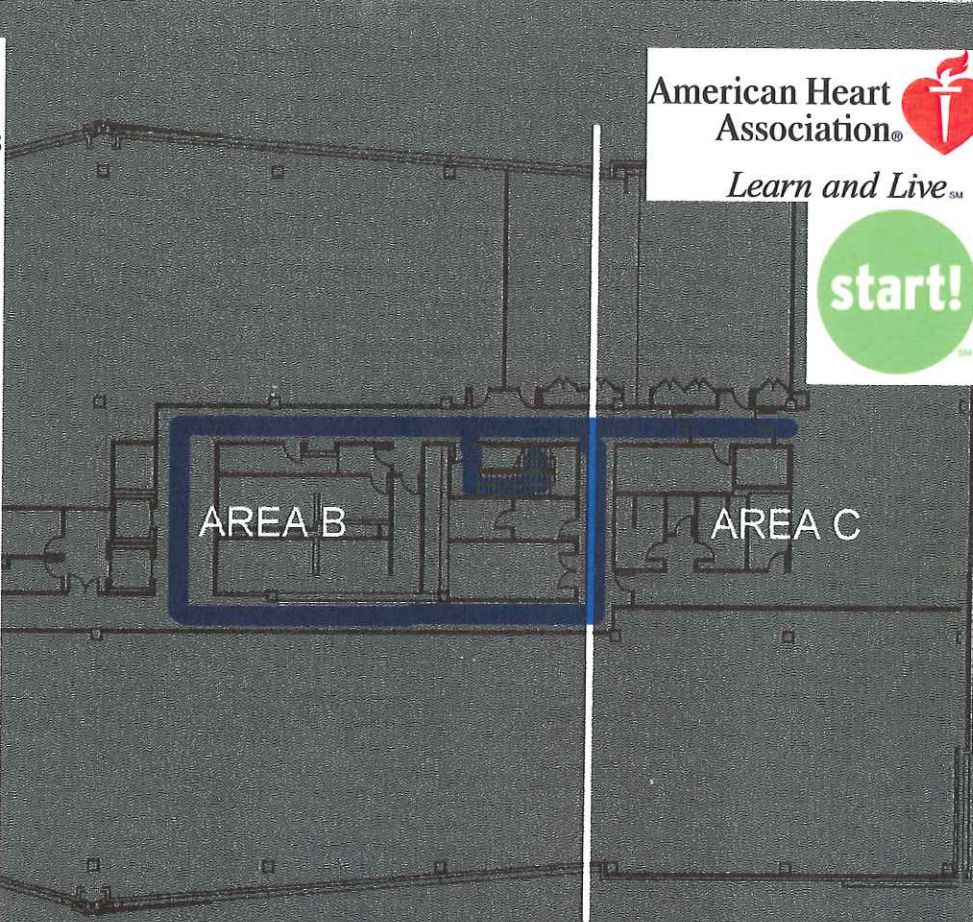
Follow the path around the third floor. Continue to the staircase down to the second floor. Take a short lap around the second floor. Continue down the staircase to the first floor.



Complete the pattern 5 times to = 1 mile.

Repeat by going back up the stairs in the reverse pattern.

Stay on the Health*e* Path!

Follow the  signs to stay on track.



American Heart Association® 
Learn and Live™


N

A B C

1ST-FLR
2ND-FLR
3RD-FLR

LEGEND

83.6 deg F